



Student Interviews:

Q: How often do you go to the Rec Center to exercise?

A: I do not go to the Rec Center to exercise that often.

Q: Did you exercise more in high school than you do now in college?

A: Yes, in high school I played basketball and field hockey, I do not play any sports in college.



Why are students getting less exercise?

- Students are overburdened with school work
- While 71% of students played a sport in high school, only 6.7% play a sport in college
- Students are lacking the motivation to exercise, whether it be playing a sport, lifting, running, etc.



How Can We Fix This Problem?

- Get Students to Exercise
- Offer programs to help students manage time
- Keep students informed about intramural sports and opportunities
- Educate students on the health risks that come with minimal exercise

References:

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- PAULINE, JEFFREY S. "Physical Activity Behaviors, Motivation, And Self-Efficacy Among College Students." *College Student Journal* 47.1 (2013): 64-74. *SPORTDiscus with Full Text*. Web. 22 Feb. 2015.

"IT IS EXERCISE ALONE THAT SUPPORTS THE SPIRITS, AND KEEPS THE MIND IN VIGOR"

--Cicero

"THE DOCTOR OF THE FUTURE WILL GIVE NO MEDICINE, BUT INSTEAD WILL INTEREST HIS PATIENTS IN THE CARE OF THE HUMAN FRAME, IN DIET, AND IN THE CAUSE AND PREVENTION OF DISEASE."

--Thomas Edison



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*College Students Lacking
Physical Activity*

